



38. SOLA-Stafette

Zürich / 07.05.2011

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PC-Pläuschler

□□: ETH
 □□: 103

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 9:59:42

□□: 11.69 km/h
 □□□□: 5:08 min/km

□□□□□: 299 (of 790)

□□□□□□: 6:52:28

□□□□□: 82(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:36	246	7:27	484	8:50	4.40	24:39	5:36	1	24:39	1	24:39
Buchlern	13.25		4:51	249	16:48	494	21:18	17.65	1:28:58	5:02	1	1:28:58	1	1:28:58
Uetliberg	6.20		6:04	174	8:28	380	12:04	23.85	2:06:38	5:18	1	2:06:38	1	2:06:38
Felsenegg	5.90		5:26	221	9:29	445	12:10	29.75	2:38:45	5:20	1	2:38:45	1	2:38:45
Buchlern	14.02		5:24	332	24:07	611	28:08	43.77	3:54:41	5:21	1	3:54:41	1	3:54:41
Hönggerberg	11.10		5:36	313	20:29	575	23:10	54.87	4:57:00	5:24	1	4:57:00	1	4:57:00
Irchel	5.10		4:52	87	5:47	221	8:07	59.97	5:21:53	5:22	1	5:21:53	1	5:21:53
Fluntern	6.34		4:48	70	6:36	201	8:41	66.31	5:52:22	5:18	1	5:52:22	1	5:52:22
Forch	11.30		4:59	104	14:55	270	17:47	77.61	6:48:49	5:16	1	6:48:49	1	6:48:49
Egg	8.75		4:46	43	8:20	146	9:34	86.36	7:30:34	5:13	1	7:30:34	1	7:30:34
Zumikon	12.99		5:20	208	16:10	438	22:19	99.35	8:39:52	5:13	1	8:39:52	1	8:39:52
Witikon	6.91		4:01	24	3:58	84	6:46	106.26	9:07:40	5:09	1	9:07:40	1	9:07:40
Fluntern	4.90		4:58	127	7:31	318	8:03	111.16	9:32:02	5:08	1	9:32:02	1	9:32:02
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:54	156	7:27	341	9:01	116.80	9:59:42	5:08	92	1:49:30	315	3:07:46